

How do you Feel?

*Poor Nutrition plays a direct role in how well our body works and feels. You might think you are eating enough, but do you ever think of the **quality** of your food choices? Vitamin and mineral deficiencies can lead to any of the following symptoms:*

*edema - swelling,
heart irregularity,
mental apathy,
poor growth,
indigestion,
diarrhea,
dizziness,
muscle weakness,
irritability,
low morale,
hemorrhaging,
joint pain,
eye problems,
rough skin,
behavioural disturbances,
inability to concentrate,
poor resistance to infection.
water retention,
mental confusion,
impaired growth,
loss of appetite,
heartburn,*

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